



Christine M. Palumbo, RD, MBA

Christine Palumbo is a registered dietitian and nutrition speaker, writer, and counselor. Since 2001, her popular Food News column has appeared in *Allure* magazine, and she also writes for other magazines and FoodFit.com. In addition, her monthly Good Sense Eating columns run in *Chicago Parent*, *Brooklyn Family*, *Long Island Family*, *Queens Family* and *Bronx Family*.

Christine is a regular guest on Chicago's No. 1 radio station, WGN-AM. She has appeared on the *Oprah Winfrey Show*, ABC News *NewsOne*, Fox News Channel's *Fox & Friends*, CNN fn's *The Flipside*, and LiveWellHD Network, as well as local TV and radio stations. In 1982, she debated the famous Dr. Robert Atkins on Chicago area television.

Publications such as *Cosmopolitan*, *Men's Health*, *Prevention*, *Health*, *O The Oprah Winfrey Magazine*, *Redbook*, *Women's Health*, *Woman's Day*, *Shape*, *Organic Style*, *WebMD*, *Fitness*, *American Health*, *Oxygen*, *Natural Health*, *Woman's World*, *Investor's Business Daily*, *Chicago Tribune*, *Chicago Sun-Times*, *Orlando Sentinel*, *Tampa Tribune*, *Cincinnati Enquirer*, and *Journal of the American Dietetic Association* have featured her nutritional expertise, as well as ParentDish.com and Examiner.com.

In addition to her work with the media, Christine is a sought-after speaker on a variety of health-related topics. In her private practice, she provides practical advice on weight management, family nutrition, heart disease prevention, and general lifestyle improvement. For 15 years, she has been an adjunct faculty member of Benedictine University.

Christine analyzes recipes for nutrient values, develops nutrition education materials, does spokesperson work, exhibits at professional meetings, and works on special projects for an interesting client mix of public relations firms and food companies. She began her career counseling cardiovascular and diabetic patients at the University of Chicago Medical Center and at Mt. Sinai Hospital in Minneapolis.

Christine served on the American Dietetic Association Board of Directors as a Director-at-Large from 2006-2009, and previously participated in their House of Delegates and on numerous committees. Christine was one of seven entrepreneurial dietitians whose careers were featured in the *American Dietetic Association Guide to Private Practice* (2004).

A former *Recognized Young Dietitian of the Year*, Christine was selected *Outstanding Dietitian of the Year* by the Illinois Dietetic Association in 2002. The American Dietetic Association's Nutrition Entrepreneurs practice group named her the *Outstanding Nutrition Entrepreneur* for 2007.

A graduate of the College of St. Catherine in St. Paul, Christine also holds a masters degree in business administration (marketing) from DePaul University. She is the mother of three.